

MARCH 2024



No. 1

# THE FIVE PILLARS

*Wellness for Every Officer*

## **Mental Wellness**

*Mind body connection,  
a way to reset your mind and  
connect to what is around you*

## **Financial Wellness**

*What is financial wellness?  
Complete a legacy go bag  
worksheet*

## **Physical Wellness**

*What's a yearly wellness  
physical?*



**5, 4, 3, 2, 1**

MENTAL WELLNESS

## **MIND BODY CONNECTION**

Take a breath. Slow down. See what's around you. Live in that moment. Mindfulness is hard to do some days. The life of a police officer doesn't slow down. Sometimes we don't have time for a breath. Make time for what matters. Your mind and body connecting can help with being mindful. Being mindful can help you slow down and take in what is around you. Count down starting at 5 and notice what is around you.

5 things you can see  
4 things you can touch  
3 things you can hear  
2 things you can smell  
1 thing you can taste

Try it the next time you need to slow down and reset. Being mindful might be the key in helping you slow down.

What is financial wellness and how do we get there? For many of us it's working as much overtime as we can to elevate our "high three." With the younger officers it may be working to make the most they can on the front end of their careers to maximize their 401K. I've heard many speak in favor of Dave Ramsey's Financial Peace University. Maybe it's budgeting correctly, not living beyond our means, or maximizing our contributions to our 457 plans. All of these are great now, but what happens when tragedy strikes? Financial wellness is not just about how much we can make and how we can spend it when we retire. It is about planning for the unknown as well. The unknown we all know is inevitable, but we never know when it will come and never want to face. The reality is, especially in our profession, it can happen at any time whether you are prepared or not. What is the unknown we seemingly never prepare for? Death: it is something we know as a reality but never want to admit it could happen to us while we are "young and healthy."

Preparing for death is something we should all take more seriously than we do. It's uncomfortable but do yourself and your family a favor and help while you are still around to do so! Don't leave it to your loved ones to make the decisions no one wants to make. Help alleviate the confrontations that sometimes exist when discussing belongings. You can stop all of it before it starts by making sure all your beneficiary forms are completed and current, completing a last will and testament, filing a living will, and having a "legacy go bag worksheet" completed.

Beneficiary forms can come from life insurance policies, retirement plans, etc. Last will and testament documents and living wills shall be completed with the help of an attorney. A last will and testament documents how you want your estate handled and divided once you pass away, how to preserve your wealth, and what your wishes are for certain prized items (Financial Cop, 2022). There are two components to a last will and testament. The executor, which will carry out your wishes, whether it's paying your bills or dispersing your belongings. Last, there is the guardian, the person you choose to raise your juvenile children if tragedy strikes for you and your spouse. I don't know about you, but I know I don't want others making those decisions for me and the wellbeing of my children.

What about the decisions that may need to be made while we are still living? Those decisions can be made ourselves by completing a living will. There are four components to a living will: medical power of attorney, durable power of attorney, medical directive to physicians, and HIPPA release. Having a medical power of attorney gives you the ability to name a person to make medical decisions for you if you are unable to. A durable power of attorney is important to name in order to access your finances to take care of your bills and financing needs when you are unable to. The medical directive to physicians allows you to choose how you want to be treated in life threatening situations instead of a loved one making the decision for you. Completing a HIPPA release allows those you choose, to access medical records when needed for your care. (Financial Cop, 2022)

As you can see these documents are vital to financial wellness. Not to mention it will help with your mental wellness, but more importantly, your loved ones mental wellness if a tragedy were to occur. You might say to yourself, I am married, and confident your spouse will take care of these responsibilities. Think about how much time you spend with your spouse traveling or driving from point A to point B. Or maybe it's you are doing the same with your kids. Folks, the unknown isn't exclusive to just us. It can strike our loved ones as well. Never take for granted you and your loved ones are taken care of. Make it a fact, by taking care of business! Complete your beneficiary forms, make an appointment with an attorney, and make sure your loved ones have all the vital information in one spot by completing a "legacy go bag worksheet" today!

Note: a free copy of a "legacy go bag worksheet" can be found using the using the cited source.

Wills and living wills. Financial Cop. (2022, April 20). <https://financialcop.com/resources/wills-living-wills/>

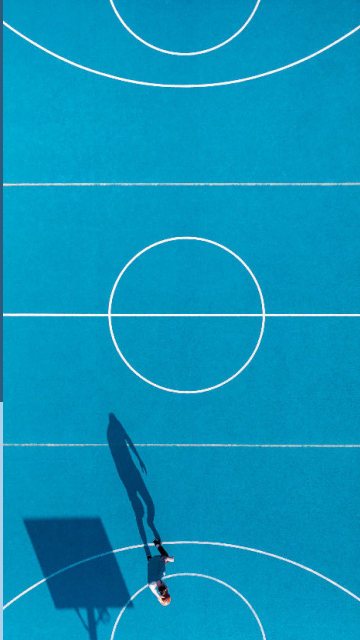
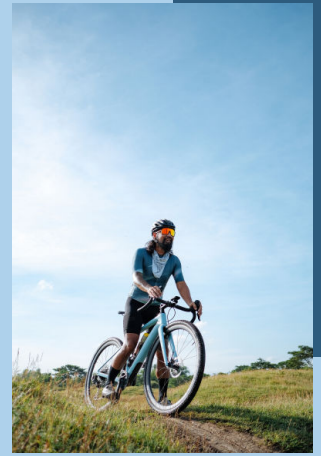


# FINANCIAL WELLNESS

# PHYSICAL WELLNESS

What is a yearly wellness physical ?

Once a year you should contact your health provider and get a wellness Physical. Review your blood pressure, heart rate, height, weight and body mass index (BMI). Review your current health problems, as well as your medical, surgical, family and social histories. Review your current medications. Conduct a health risk assessment. With most insurance companies you get a Physical free once a year.



## THE FIVE PILLARS WORKOUT

20 Minute HIIT

10 box jumps

15 kettlebell swings

20 walking lunges

25 calf raises

AMRAP  
(as many rounds as possible)

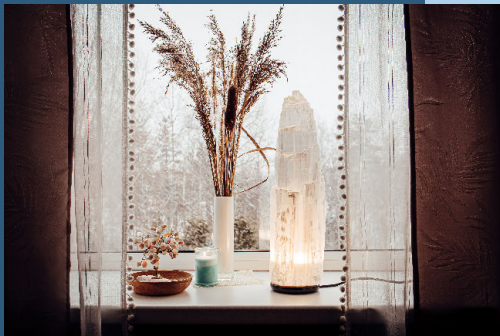
# SOCIAL WELLNESS

## SCHEDULE DATES WITH YOUR LOVED ONES



Everyone is busy. Everyone feels that time flies and they miss out on spending time with their spouse, kids, family, and friends. I'm not different and probably worse than most. A few years ago I started holding myself accountable and started ensuring I spent quality time with the people I care about. So I went out and purchased a small calendar and started scheduling time with everyone each month. Every month I would schedule one date night with my wife, one lunch with my daughter, and a park day with my son. Putting these dates in a calendar made me more accountable with these dates and I made myself keep to them. I wouldn't let anything (barring an emergency) change these dates. Then, at the end of each month I knew that I had spent some one on one, quality time with the people most important to me. So that's my tip for the month. Go to the store, buy a calendar, and start scheduling time with your loved ones. **HOLD TO THOSE DATES! DON'T SWAY!** At the end of the month you'll be happy you did.

# SPIRITUAL WELLNESS



Two Tips for daily practice to help you cultivate and deepen your spiritual well-being.

Set aside dedicated time - Changing habits requires practice, even if it's becoming more spiritual. Becoming more spiritual requires daily practice. Create a daily ritual by setting aside a specific time for your spiritual practice daily. It could be in the morning, evening, or any time that works best for you. Consistency is key to establishing a habit.

Meditation and mindfulness - This part is crucial when becoming more spiritual. Try to engage in meditation or mindfulness practices to quiet your mind, focus your attention, and cultivate present-moment awareness. Find a quiet space, sit comfortably, and focus on your breath, a mantra, or a specific object. This practice can help you connect with your inner self and the larger spiritual dimensions.

## THE SUMMIT WELLNESS CENTER EVENTS

March 21st and 22nd - first  
round of March Madness  
viewing on the court  
Throughout March - 3 on 3  
Basketball